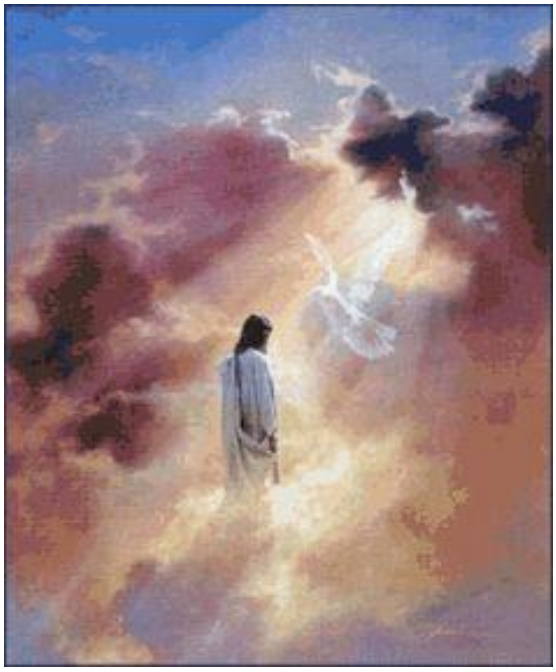

MARKED HANDS

FRANCISCO CÂNDIDO XAVIER

MARKED HANDS

SEVERAL SPIRITS

PREFACE

Lord!

When You give me

The privilege of rebirth

In the nursery of the world, given the needs I have

And those I do not see,

Behold, Lord, the desire,

On which I, day after day, deepen myself:

Let me be reborn anywhere,

However, may I accompany You

Where You constantly remain

Working and serving on all the paths,

So that I also have my hands marked

As You bring yours …

***

What an illusion when I struggled,

Believing that despair was prayer,

Praying to You for joy and hope

Without doing anything!
I used to imitate the farmer on Earth,
Who feared the stone and mud, wind and mist,
Awaiting harvest miracles,
Without seeding anything
Despite that, Lord, now I know
That work is a divine commitment,
A Heaven's stimulus guiding our steps
And which, in accordance with such law,
You put both hands into our arms
As stars of love and service.

So, when You bring
The hopes in which I wrap myself,
And when You are among men, my brethren,
May I forget myself by doing my work
And remember my hands …

Do not give me time to mourn,
May I seek only the light that You indicate me
…
In the longing to follow You,
I solely want the work.

Give me the grace to be with You, wherever You are,

A rosy of peace … May I be someone

Without prominence and with no name,

That forgets himself in doing good.

And if one day a cross of trials and grievances

Claims my heart and my task

Do not let me before the scare that entangles me,

Help me offer my own hands to the nails

Of incomprehension that surrounds me

Among blessings of faith and prayers of forgiveness!

Do not let me go back to the dead time.

From the illusion converted to discomfort,

Give me the calluses of peace in good works.

Serving, without asking whom …

Listen, heavenly friend,

I aspire to be with you,

Far from my wild hours,

Where you have always been

Planting love on all the paths,
So that I also have my hands marked
As you bring yours ...

MARIA DOLORES

Uberaba, June 3, 1972

1

YEARNING AND PRAYER

Lord! ... I know You have bestowed to us all
A post or a mission.

—————

You do not promote anything purposelessly,
You do nothing in vain.

—————

To the star You granted
The blessing of supporting itself
And shining without a veil,
Just like it happens to the Sun that leads us
Through the pathways of Heaven.

—————

You assigned it to the Earth
The compose and recompose function
In the way the work concedes us
The science of love.

—————

You put at the sea the immense endowment
Of manifesting your power
And in the fountain, the privilege of teaching us

The humility as norm and the forgiveness as duty.

—————

You have commissioned the friendly trees,

In which the lesson of good is expressed and condensed,

For the task of keeping your life

And assisting without reward.

—————

You donated the flower the gift of scenting

And You put on the road the gift of driving

To the birds, You conceded the music,

To the wind, the sweet ministry of serving.

—————

Everything filters your sovereign glory,

Everything exalts your law,

For this reason, I myself recognize

That I am almost nothing, and almost nothing do I know.

—————

But if I may ask you something,

Please convert, Lord, my very imperfection

Into a tiny channel that shows You

The strength of goodness and the light of compassion.

MARIA DOLORES

2
ON THE PATH OF LIFE

Life reacts to us everywhere, according to our own actions.

—————

Let us observe the nature in its pure and simple aspects.
The deeper the river, the more it requires the contribution of the affluent.
The fire grows, according to the fuel of which its flames feed.

—————

The fruit relegated to abandonment becomes an infectious focus, increasingly virulent.
So, our gestures of kindness also enrich our treasure of sympathy, just as our incomprehension acquires increasing numbers of disaffections.

—————

Our perseverance on the well-done duty turns into jubilant prosperity around our steps, while laziness, with indifference towards the obligations that the world bestows upon us, quickly transubstantiates itself into penury and disease, on the path we journey.

Get used to looking for thorns in the others' life, and you will live with a hawthorn in your heart. Search, however, the stones of the way and soon you will breathe in a stoned desert.

—————

Seek, nonetheless, the good qualities of your neighbor, and a sublime understanding will crown your head.

—————

Be committed to identifying the best, on the screen of life's circumstances, and you will recognize, in every event of every day, the harmonious Will of God, leading you to peace.

—————

Let us not forget that the Divine Law is expressed in us, with us, and for us, at all times in our existence.

—————

From it, we will receive happiness or suffering, light or darkness, liveliness or discouragement, ice or heat, in accordance with our own requests, in the use of the talents that the Lord has placed in our hands.

—————

Let us learn to sow the wheat of goodwill, with everyone, wherever we may be, in the certainty that by moving in the Infinite Good the resources that we have been lent on Earth, we will be gathering our imperishable wealth for heavenly glory.

Emmanuel

3

LET US START TODAY

Do not say that you practice the lessons of the Gospel in the light of Spiritism, simply because you debate its problems.

—————

The edifying word is a Blessing from Heaven, but there are somnambulists of the distinguished verb that are not mad. They speak brilliantly, though, sleeping.

And we all can suffer such calamity.

—————

In our testimony of application with Jesus, something must be done.

Thus, wake up working.

Remember that the neighbor waits for your assistance.

Move, somehow, in order to help.

—————

Paint, with your own effort, the house where you live, making it look nicer.

Wash the dishes from the table that served yourself.

Clean a bleeding wound.

Trim the nails of a paralytic person.

———

Guide a blind man in a public square.

———

Ensure hygiene, wherever you are.

———

Settle your own body carefully, so as not to disturb your neighbor in the collective vehicle.

———

Carry a child on your lap, so that this or that tired mother rests for a few minutes.

———

Sew to the needy.

Pay the children of misfortune a snack.

———

Distribute, with joy, the leftovers of meal.

———

Before it gets rot, give the tatty companion the superfluous clothing.

———

Share the bread with the unhappy boy, who often observes your comfort through the windowpane.

Plant a useful tree.

—————

Address a kindness to friends, trying to hide yourself.

—————

Extend fraternal arms, even for brief a moment, to those who are caught by the disease on the street.

—————

Get a balsamic tablet for the brother who has a headache.

—————

Please carry spontaneously the small burdens that weigh on the hands of others.

—————

Put a noble book into circulation in the home environment.

—————

Offer a flower to the sick.

—————

Kindly provide the information you are asked.

—————

Give some money, in favor of good works, without worrying about overseeing.

Let us start now.

Do not believe that the noise from outside can arouse us.

Once faced with the external pressure, the turtle hides more in the shell.

Nonetheless, the noise of our own hands in constructive work renews our minds.

Today, you enrich the service of the Lord with something.

Tomorrow, though, the service of the Lord will be a growing treasure on your path.

Andre Luiz

4

SERVE AND YOU WILL FIND

Examine the nature that surrounds you in the world. Everything is wealth and laborious effort to secure it.

—————

The soil wounded with a plow is a prodigious cradle of production.

The tree, a thousand times torn apart, is proud of suffering and helping more.

The fountain, surpassing the heaps of pebbles, gradually reaches the great river, on the way to the sea.

—————

Some seeds form the precious base of the forest.

Aggressive stones become masterpieces of the statuary, when they do not bring from the soil, the sparkling beauty of jewelry material.

Humble animals, suffering and helping, ensure the comfort of creatures against weathering, or nourishing their bodies, sustaining their existence.

—————

Poverty is a simple appanage of man - of man as he takes refuge, insensate, in the cave of ignorance. Solely the human soul, distant from higher knowledge, resembles a ghost of anguish, penury and lamentation ...

—————

If you can see the heritage of heavenly blessings, on the path where you evolve, search for your place of work and serve tirelessly in favor of the good, so as the good may teach you to see the imperishable fortune that the Father has bestowed upon you as a sublime inheritance.

—————

Support the neighbor, protect the plant and shelter the animal; be your trip, wherever you go, a song of assistance and goodness, harmony and understanding...

—————

And, as you advance on the path of spiritual elevation, you will find yourself increasingly rich in love, enclosing, in your own chest, the untransferable treasure of light that will bless you with the inextinguishable happiness, in fullness of the Triumphant Life.

Emmanuel

5

TALK TO JESUS

Sir! We do not regret so much

Contemplating on the road the nameless penury,

For we know You will help

The hungry for bread and the thirsty for peace.

It hurts seeing in life

Those who cause the hunger.

—————

Before those who cry

We are not so sorry,

Since You protect

All the ones who moan in anguish and weariness.

—————

We lament to find in the crowds of the world

Those who open the floodgates of tearfulness on Earth.

—————

We do not lament those who overwork,

Enduring the affliction of the ferrous cross,

Once we know how much You assist
The humble and the sad.
We bewail the brains that shine
And withhold the light.

———

We do not mourn for those who suffer
Sarcasm and loneliness in the lack of love,
Whereas You have your hands, hour by hour,
In comfort and support to every weeping being.
We grieve for looking at those happy friends
That feed the pain.

———

That is why, Jesus, we beg you:
Do not let us follow You in vain,
May the pleasure of comfort not overcome us,
Deliver us from falling into the dust of indifference …
Although the trial will be our support and guide,
Take and keep our hearts in service.

Maria Dolores

6

ANSWERS FROM THE ABOVE

Once recognized the truth that Our Heavenly Father responds to good hearts through better hearts, let us not forget our possibility to serve as valuable instruments of Divine Goodness.

—————

As we are always so hasty and prodigal in asking, let us remember that we can give too.

—————

Let us assist Divine Providence in the blessed service of exchange.

—————

No one can count on a fortune in coined values to find the perfect happiness, but every time we pour out our hearts in favor of our neighbor, we will sow true joy.

—————

We can all, in the name of the Lord, respond to the pleas of the ones who struggle and suffer more than ourselves.

—————

A visit to the sick is a sacred resource of fraternity, to the one who supplicates, in despair, the assistance of heaven.

The sincere apology is a blessing of relief to people who suffer under the weight of guilt.

A gesture of affection is a plantation of sympathy in the dark land of the soul, which has thrown itself into the precipices of outrage or incomprehension.

A friendly smile is a response of good cheer and friendship, rebuilding the strength of those who are about to fall.

Remember that the Lord awaits your goodwill and your arms, in order to respond with peace and hope to the ones around you.

Although everything is dryness and roughness around your feet, love always.

Through the living stream of love in your heart, you will interpret Heaven's cooperation to people who are with you, and you will receive, constantly, the answers from the Above to your afflictions and problems.

Emmanuel

7

SPIRITUAL ELEVATION

The spiritual elevation does not incorporate into our lives for any of the reasons like these:

For prosperity;

For dearth;

For glory;

For obscurity;

For intellectual culture;

For the incipience;

For human authority;

For the condition of subordination;

For the adjustment to life considered normal;

For the psychological issues that one carries;

For the friends;

For the opponents;

For the support of praise;

Not even for the disregard of offense.

The intimate elevation depends solely on our personal reaction, when accepting and using all of this for the cause of good.

ALBINO TEIXEIRA

8

ALL CLEAR

After death, it is not the grandiloquent spectacle of the worlds that will haunt your spirit restored to life; no matter how the child feels bedazzled in a palace of wonders, it will not be exempt from the imposition of the growth. Everything is sequence on the tracks of the Universe …

—————

You will not have the greatest revelation of the light of Syrian or in the landscape of Jupiter …

The astonishing surprise flows from ourselves.

In contemplation of what we were and are …

No subterfuges …

No masks …

No lies…

All logical, all alive, all clear.

—————

While the animal nature surpasses us, our mind creeps on the vile clay, and for this reason, we must subject ourselves to repeated experiences in the physical dimension, in obedience to the laws that preside over the vegetative life.

Nonetheless, when existence affords us with the higher teaching, because the soul structure in the already measurable frequency wave, has changed us so much, our mind, increasingly with greater responsibilities, projects itself on lines of growing sharpness.

—————

The emissions of the present clear up the past, which can then be photographed within a second.

—————

But when existence affords us with the higher teaching, by having the already measurable frequency-wave soul structure so modified, our increasingly responsible mind projects itself into sharp lines of growing force.

—————

The emissions of the present clear up our past, which can then be photographed in a second

Through today, yesterday emerges…

The existence in the body of flesh is a negative plate.

Death is the revealing bath of truth, because spiritual life is the positive demonstration of the eternal soul.

—————

If we have uselessly received the renewing lesson of love, with innumerable possibilities for the fulfillment of the Lord's designs among creatures, and holding in vain the heavenly gifts of recognition, then woe to us!

Because justice will call us to account ...

Because faith will argue us ...

And because reality will speak to us harshly ...

—

Do not forget that within us lies the imperious light that will make everything clear on our path, when our already enlightened and responsible consciousness is undressed of the breath of disincarnation ...

ANTÔNIO AMERICANO DO BRAZIL

9

ON THE EARTHLY WAY

Reincarnated spirit,
In the body that contains you,
Before the necessary evidence,
Wait by doing good.

—————

If you expect tranquility
In the struggle that comes to you,
At any turn of the road,
Await by doing good.

—————

You exercise many roles,
With no support from anyone ...
Do not lament, nor complain.
Wait by doing good.

—————

In the task in which you live,
Many stones arise,
Be faithful to the obligation, and
Wait by doing good.
Slander has come to hurt you

Without your knowing its authorship,
Do not increase the forces of darkness,
Wait by doing good.

—————

You suffer disillusionment,
Sarcasm, insult, disdain ...
Do not exchange evil for evil,
Wait by doing good.

—————

You mourn for sorrows and blows,
You weep for someone's derision,
Sadness is fruitless
Wait by doing good.

—————

Someone told you, with grief
About the mud that the world possesses,
Behold the sky, stare at the sun ...
Wait by doing good.

—————

If you want happiness
On Earth and beyond it,
Do not be away from service,
And wait by doing good.

God is a Just and Perfect Father,
He gives everything and withholds nothing,
If you long for a higher life,
Wait by doing good.

CASIMIRO CUNHA

10

IN THE TEMPLE OF FLESH

The physical body is always the action equipment that the spirit - the pilgrim of progress - can receive fruitfully, in accordance with the needs and merits that characterize its experience.

—————

As it happens in the human sphere, in which each creature will be given the instrument it can manage for the common good, every spirit, by materializing on Earth, uses the carnal vehicle that is suitable for it in the indispensable struggle.

—————

Among men, the helm of the power plant will not be entrusted to the irresponsible teenager, nor the explosive, destined for engraving the forms of nature, will be placed in the hands of the child, unable to grasp its danger.

—————

No one will remember to hand over the treasury of the collectivity to the delinquent that the penitentiary arrests, nor will the court be given to the head of an illiterate.

—————

Thus, in reincarnation, every soul holds the resources it deserves. That is why, although identified in the species, no two human bodies are perfectly alike.

—————

Justice works for every being, on the agenda of the prizes that it conquers, or the debts it heaps. Keep your garment of flesh, above all, as the work uniform that the Lord concedes to you for living, so that you may recover the forces you had lost in the dark past, going in the direction of a bright future.

—————

Even when aggravated by ailments or deformed by painful mutilations, incomplete or unhealthy, disabled or unpleasant to look at, your body is a blessing from God in your own favor.

—————

A chisel with which you ought to learn and serve, to suffer and fight worthily, perfecting the very soul, which, one day, if you want to live consonant with the standard of Jesus, it will emerge, released in Heaven, as a masterpiece.

Emmanuel

11

PRAYER BEFORE AND AFTER

Before observing the presence of evil, pray to the Lord, so that your eyes get used to the fixation of good, in order that later, your prayer does not convert into a desperate plead.

—————

Before pointing out the slanderous or thoughtless phrase, pray to the Lord to let your ears know how to listen, in order to bring the fraternal help, so, in the future, your prayer does not turn into a dark appeal.

—————

Before walking toward the well, in which the murky waters of cruelty get thickened, implore the Lord to keep your feet moving in a decent work, in order that later, your request does not transform into a blasphemous cry.

—————

Before considering the offense from others, ask the Lord to illuminate your heart, and so, you will be able to practice the legitimate charity of the understanding and forgiveness without restrictions, so that, in the future, your supplications do not be expressed as a stain of remorse and malediction.

We all pray, after suffering calls us to regenerative atonement, when the process of our moral defections has already coagulated around our spirit the caustic of the affliction, with which we will purify the tissues of our own soul.

—————

However, how rarely do we pray before the fight, vaccinating the feeling against the shadow of temptation! ...

—————

Let us praise the Goodness and the Wisdom of God in every step of life, giving thanks for the flower and the thorn, the ease and the obstacle, the joy and pain, the abundance and dearth.

—————

Thanking Heaven for the tiny lessons of each moment in the march, we will learn to weave with the small victories of every day, the sublime triumph, that in the great anguish, will lift us to the sovereign joy, able to lift us forever to the full light of immortality.

Emmanuel

12

TOWARDS THE FUTURE

Gather the shackles that bind you to sadness or pessimism and throw them into the brazier of love.

—————

Let the light of fraternity exterminate, in your inner world, the memories of the blows that hurt you, of the words that lacerate your heart...

—————

Remember the flowers blooming over the ruins.

Think of the trees that rise victorious over the hawthorn.

They perfume the swamp and seek the sky.

—————

There are people who preserve only bitter reminiscences from life, solidifying the chains of affliction on their own wrists, as if we should carry with us the wastebasket, that public hygiene determines to be thrown into oblivion.

—————

He who believes in good, and entrusts himself to the evil, is like the bird which, consciously mutilates its own wings.

Light the lamp of your heart and move forward…

—————

Those who have fallen into the shadows will rise at your signs.

—————

Those who toppled fatigued, will resurrect, to the light of your hope.

—————

Do not fear.

Do not be disturbed.

Do not be discouraged.

—————

It is sweet marching, in the blessed environment of companions who understand us, but if you are alone, go ahead anyway.

—————

He who walks with Jesus might know solitude, never abandonment.

—————

The ideal of good is your strength.

Serve everyone, and victory will begin in yourself.

—————

In order for incomprehension to entrench itself in the form of a lying power, it is almost always necessary for millions of men to annihilate each other, but for love to be brought to the throne of human hearts, the sacrifice of Only One sufficed.

—

Let us walk with Him, our Master and Lord, and we will reach the Divine Sunrise of Eternal Sublimation.

Nina Arueira

13

COSTUME

As the cultural pattern comes into a higher level, the individual worries about his own aspect.

—————

One must impress pleasantly.

And fashion takes action to solve the problem.

Tailors and fashion designers, shops and cabinets, needles and tapes move to the mister of seam. Simple sewing and haute couture.

Creations for winter and summer, fall and spring arise, in special lines, in consonance with suggestions of weather and time.

—————

Happy businesses and combinations in the world almost always take place according to costume credentials, and thus, men and women strain in the contest of slenderness and elegance, which they routinely accomplish on the streets.

—————

Let us not forget, however, that we are equally observed in the kingdom of truth, through the spiritual poise we adopt.

Our thoughts are the creations that clothe our authentic personality and, through them, we are known, seen, heard and analyzed in the Higher Life, with the duty to seek in Jesus the model of our attitudes and decisions.

—————

In the earthly circles, the requirements for the human authority demand great elegance in the presentation to be considered.

And in the Spiritual World, many times, after this or that petition to the Celestial Administrators, we have heard, with an oppressed heart:

- Dear, notice your costume.

Scheilla

14

DISOBSESSION

Imagine yourself lost away from home, on a thunderstorm night.

—

On the outside, the thick shadow appears to be populated by monsters, while the voices of nature resemble the disjointed cry of affliction and madness …

—

From moment to moment, you stagger in the swamp, struck by the whip of the strong wind…

And inside yourself, you feel the dread of the unknown and the fear of receding.

—

You scream and cry, ending up by being identified by travelers of the despair in the terrifying scene…

—

Nonetheless, suddenly, a sweet refuge bathed by sublime light arises…

—

And in this love home, you find warm clothing, comfort, fire and bread. Then you understand

that a temple of help, open to the hearts that death has troubled, is a gate of Heaven and a blessing from God.

Emmanuel

15

FORGETFULNESS

Do not rebel against the forgetfulness in which you immerse yourself, in the Earth experience, and learn to value the minute in order to materialize the good, just as the weaver takes the thread to make his own garment.

Under the fog of flesh, we meet each other again in good time to correct and sublimate.

***

The consanguinity, therefore, is generally the blessed sanctuary of readjustment. Inside it, in the invisible altars of the heart, it is always possible to forgive; to help without rest, and

repeat gentle lessons of humbleness, so that our souls may set free from heavy commitments to the shadows.

***

Do not worry if the memory numbed by Divine Mercy reveals unable to recognize yesterday's affections and opponents. In yourself, for your tendencies and principles, you know who you were. And in your home, for the conflicts and necessities that the home experience presents you, you know what you owe.

***

We are still the reflection of what we are.

***

We get from the world what we deserve. Thus, let us know how to rectify the past, with the observance of the good, in the present hours, and the future will answer us with the harvest of love and light, peace and joy, that we propose to reach.

***

The earthly struggle is an immense field; on whose surface we can project the seeds of goodness every day. Let us begin, however, with the home garden.

***

Our parents and children, husband and wife, brother and friend, are windrows of spirituality, awaiting our demonstrations of fraternal cooperation.

***

Do not forget the application of Jesus' teachings, wherever you are, and the transitory forgetfulness of physical life will appear to you as the blessed bridge of access to integral sublimation.

Emmanuel

16

EMISSARIES OF CHRIST

This sad companion,

Whose step is seeking you,
Terribly tired of misfortune,
Whose origin you ignore…

This beggar devastated
By unknown pains,
Entangled in wounds,
With no protection from anyone.

This friend who mourns
His own rude and blind action,
In the jail that segregates him,
For grief and reform…

This abandoned brother, at night,
With the looking hurt and deep,
Who begs the world to no avail,
The sweet warmth of a home …
This homeless woman, who stretches out
A poor and wizened hand,
Whose penury on the road,
No one on Earth can translate…

This tired patient,
Who whines alone,
Left in the cold on the way,
In scarcity of peace and light ...

This mother, holding onto her baby,
That in tears gnaws,
Sometimes with fever and hunger,
Praying for help in vain ...

This scared child,
Who cries aimlessly,
A flower thrown into the desert,
An angel on the cross of affliction ...

Before these friends,
Who suffering incarcerates,
Hearts in Long Wait,
Remember “NOT JUDGING” ...

They do not ask for censorship.
By showing the need
They teach that charity

Is the law of the laws!

These brothers, almost dead! ...
Behold, the Heaven sends them unto us,
On the path of everyday life,
To the lessons of the Lord! ...

Let us resurrect them,
From death in shadow and trial,
Giving them a new life
In the living school of love!...

Irene Souza Pinto

17

JUST A MOMENT

Before rejecting the calls of charity, meditate for a moment on the others' afflictions.

Imagine yourself in the place of the sufferer.

Watch the brothers relegated to the street miseries, and visualize yourself in the same situations, constrained to similar conditions.

Notice the unaided patient, and consider that tomorrow we will probably be the candidates to assistance on public roads.

Note the weary elder, and ponder that if your disincarnation does not come soon, you will not escape from old age.

Contemplate the children in need, remembering your own children.

When the ambulance slides close to your step, carrying an anonymous patient, ponder that maybe a very dear relative of ours is moaning inside it.

Listen patiently to the companions, left to the shadow of a great misfortune, and remember that in the near future, it is possible that we are crossing the same difficulties.

Look at the ignorant and weak, tired and unhappy, considering yourself among them, and mentalize the gratitude you would feel for the crumb of love that someone offered you.

Take a moment to think about all of this, and you will realize that the charity for us all is a simple obligation.

Andre Luiz

18

ALWAYS MORE

Observe the nature, and you will understand the Gospel lesson of the “always more”

***

The more the fountain humbles itself in the depths of the soil, the more it receives the trickles of water, turning into a great river.

***

The more the fuel becomes expensive, the more devastating fire proves to be.

***

The longer the sludge lingers on the ground, the more it extends to the surrounding area.

***

It occurs the same in the field of our moral life, we will always have from what we produce.

If we entrust ourselves to the slight shadow of sadness, we will soon experience infinite discouragement.

If we escape fraternity, then loneliness will live with us.

If we surrender to the temptations of rebelliousness, the anger will explode, as an invisible dynamite of death, in our vehicle of manifestation.

If we deny entry to love into our souls, then hate will crystallize, violent, in our inner world.

If we postpone our learning for the future, tomorrow certainly our ignorance will become heavier.

If we emphasize the faults of others, we will wake up in the bramble of slander.

***

A gesture of sympathy will summon solidarity in our favor.

Let us extend the light of goodwill to someone, and the help of minutes will meet our needs.

***

Everything is attunement in the Universe.

Everything is linked in life, according to the origins of our feelings, ideas, words and actions.

Do not forget that the Law will give you, in double and "always more", in accordance with what you desire and produce.

Emmanuel

PLAN CHANGE

Do not wait for the body's death to perform the task of your own spiritual elevation.

***

Each day is an opportunity to ascend to the best.

Each edifying activity is a step; with which we can ascend to the superior spheres.

***

We all breathe in different planes, and we all can reach higher horizons.

***

If you have gotten used to irritation, cultivate the silence and tolerance, once such elements will disentangle you from the dark bonds of wrath, allowing your entry into the domains of light.

If you cherish the willingness of gaining enemies, through unthinking attitudes, hold back to serenity and learn to serve the disaffected, so, reaching the brilliant realm of sympathy.

***

If you are still struggling in the garrets of ignorance, do not forget the effort in sound and uplifting reading to acquire knowledge and wisdom.

***

If you frequently breathe in the slippery slope of complaint, forget idleness and discouragement, rising to the decent work, and consecrate yourself to the ennobling sweat, so as to incorporate optimism and peace, good cheer and joy to your own spiritual heritage.

***

There are millions of "life circles" within our planetary residence.

Each creature lives in the range of feeling to which it fits.

The worm clings to the darkness of the undersoil.

The batrachian lives in the marsh.

The bird glides and sings free.

The flame engages in the emanations of the light it radiates.

***

In a like manner, each soul lives in the sphere of ideal that it forms for itself, with its own thought.

Anyone who wants a better world can move forward, through work and goodwill, in the ascension road map, since today.

Emmanuel

CONSANGUINITY

You receive at home the heritage of the past, with which you restructure your own destiny, towards the future.

It is there, in the boiling crucible of intensive spiritual reactions, that our hearts are exercised to serve the larger family, which extends into humanity.

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Remember that within the four walls of domestic organization, you gather your main adversaries, in order to make them sacred affective deposits, under the seal of forgetfulness, with which the law of the Lord assists the physical life.

***

The Christ brings together in the same bonds of sacrifice those who have handcuffed themselves in the past of dark crimes, and helps them in the rescue of the perpetrated faults in common, sustaining them in the purifying conflicts that so often arise, strange and blunt, in the links of consanguinity.

***

If you have someone at your side, who constitutes a living burden to carry, be merciful and always help them.

***

All of us, when in the world, are faced with the imposition of helping those who, latecomers on the evolutionary path, expect from our efforts, the crumb of light that will take them from the domain of darkness.

***

If you were confronted, unlike your dreams, by family members who do not fit your way of being, remember that the old lender comes along to your house claiming payment.

***

If you surprise in those people, in whom you have deposited the best hopes, modifications that envelop you in the disturbing vibrations of disappointment and bitterness, then make silence, forgive them, and move on, supporting them as best as you can.

***

It is not worth defecting our regenerating obligations or escaping our renunciation of the harsh service that we have to attend to, because tomorrow life will again compel us to return to the cup of despised gall for the benefit of our own healing.

***

Love those whom the Lord has entrusted to you what they are and not as you would have been

them, because by your well-fulfilled vows you will find the way to access sublime communion in the joys of your spiritual family.

Emmanuel

ERRORS OF LOVE

Before the errors of love that appear in life,
Never raise your voice.
Remember, my heart, if the accused person
It was any of us.

***

Who can weigh the circumstances,
Of coexistence, anguish and loneliness! ...
How much change comes out of the blue,
For a "yes, for a no"! ...

***

Between affection that dreams and duty that governs,

How much conflict arises and how much yearning comes! ...

When the pain of being just darkens the way

No one can predict anyone's tears ...

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Vows in oblivion, affections destroyed,

Hidden afflictions, fatal disenchantments! ...

How much weeps who suffer, in the face of blow and abandonment,

And those who beat or despise sometimes suffer more.

***

Before the lack of love, dear soul,

Do not give yourself to ever vain censorship,

May your day of love misunderstood

Maybe it'll be tomorrow.

***

Problems of those who love, in struggle and trial,

Be yours, be mine ...

Who will know them from the beginning?

Who will see them? ... God only.

Maria Dolores